

Nutrition Problems and the Measures for Improving Nutrition in China

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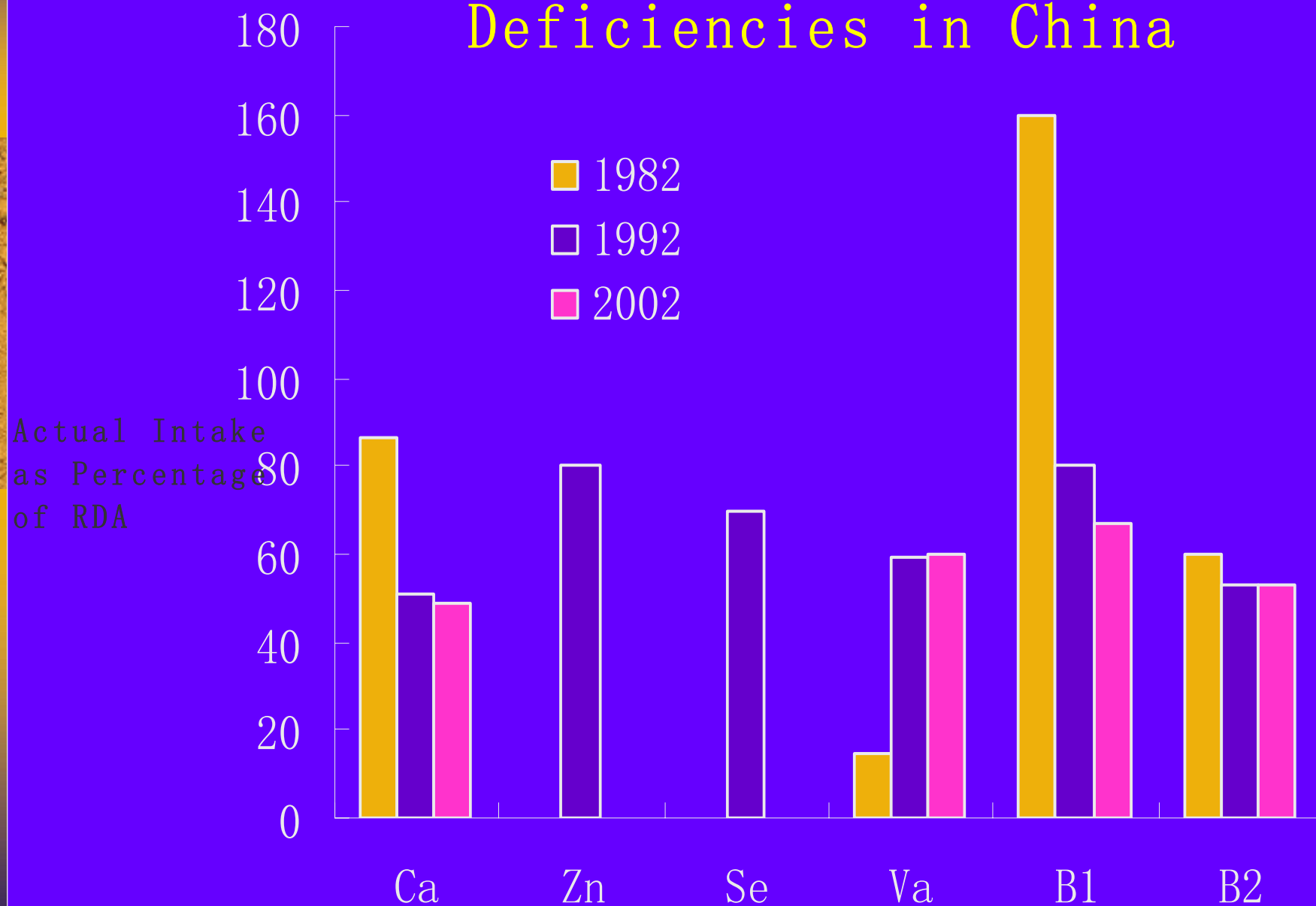
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1、 The problems of under nutrition and over nutrition coexist

1982-2002 Micronutrient Deficiencies in China





- ◆ Calcium intake is insufficient;
- ◆ 580m people are borderline deficient in Vitamin A;
- ◆ 2 mil people are iodine deficient;
- ◆ 160m people's intake of protein is deficient



- ◆ 74-115m people low body weight (rural) ;
- ◆ Stunting in children under 5: 14m people (rural) ;
- ◆ 200m people anemic (urban and rural)

2、 Fat intake has already exceeded the upper limit



Compared with 10 years ago, consumption of fat from meats and oils has increased greatly, fat intake in urban and rural residents has increased 30.7%, with an increase among urban consumers of 10.2%, and 50.3% among rural consumers. Energy from fat in rural residents has already reached 28%, and in urban residents has already exceeded 35%! (RDA 20—25%; WHO limit--30%)

(Among urban residents, energy from cereals only reaches 47%, far lower than the 55-65% recommended by the WHO)



- ◆ 200m people overweight;
- ◆ Over 60m obese;
- ◆ 160m people have high level blood lipids;
- ◆ 40m people have high blood sugar;
- ◆ 160m people have hypertension



3、 2000 National Student Health Survey

Nutrient Deficiency and low body weight

- ◆ Large City----around 13%~15%
- ◆ Medium to Small City----14%~20%
- ◆ Wealthier Villages----18%~24%
- ◆ Poorer than Average Villages----20%~30%
- ◆ Impoverished Villages----30%~35%左右

Slow Body Development

- ◆ Impoverished Districts 10%(men) and 12% (women)

Rate of Anemia

- ◆ 20%~30%



Obesity and Overweight

- ◆ Epidemic over the past 20 years, mainly in cities
- ◆ Rate of overweight in big cities such as Beijing and Shanghai 16%~20%
- ◆ Rate of Obesity 10%~15%
- ◆ Doubles approximately every 5 years





4、Explanation

- ◆ Economic Development unequal, two kinds of malnutrition are serious at the same time
- ◆ Weak nutrition education, severe lack in nutritional knowledge
- ◆ Unhealthy food and beverages and the “以静为主” lifestyle
- ◆ Excessive refinement of processed foods by the food industry



5、 Measures

- ◆ Demonstrate government responsibility, strengthen government intervention, such as laws and regulations (fortified flour、 Nutritionist law、 Student nutrition regulations, etc.)
- ◆ Vigorously carry out food fortification (flour、 cooking oil、 rice、 salt、 soy sauce)
- ◆ Promote school lunches、 school milk、 soy milk (soy juice)

- ◆ Strengthen education and publicity to the public, Advocate a healthy lifestyle, development a system of nutrition appraisal、 consultation and instruction
- ◆ Link nutritional improvement with poverty alleviation, link nutrition with overall health
- ◆ Adjust planting and cultivation; promote the transformation of the food industry



6、 Methods

- ◆ Promote food fortification, at the same time promote an appropriate diet
- ◆ Emphasis nutrition improvement among the poor, infants, children, and students
- ◆ City and wealthy villages---Publicity and education most important;
Impoverished regions---Education and publicity with government sponsorship



7、 Experience

- ◆ Nutritional improvement must be systematic, involves several aspects, close coordination is essential
- ◆ Legislation and the government play a key role (law、 guarantee funding、 public service announcements, etc)
- ◆ In the short-term, there will be no obvious effectiveness, must begin with children, and carry out long-term knowledge and behavior education, only then can we influence a generation



Thank you for your attention !



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